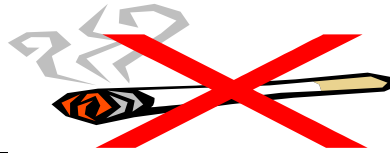


TOBACCO CESSATION CLASSES **2004 CALENDAR**



JUNE	3 Week Class:	Tuesday and Thursday June 8-24	1100 – 1200
JULY	3 Week Class:	Tuesday and Thursday July 13-29	1100 – 1200
AUGUST	3 Week Class:	Tuesday and Thursday August 10-26	1100 – 1200
SEPTEMBER	3 Week Class:	Tuesday and Thursday September 7-23	1100 – 1200
OCTOBER	3 Week Class:	Tuesday and Thursday October 5-21	1100 – 1200
	3 Week Class:	Tuesday and Thursday October 26 – November 11	1100 – 1200
NOVEMBER	NO CLASS SCHEDULED		
	GREAT AMERICAN SMOKE-OUT NOVEMBER 18		
DECEMBER	NO CLASS SCHEDULED		

All classes are held at the Health and Wellness Center.
For more information or to register please call 904-WELL (9355)

Health and Wellness Center (HAWC), 2690 C St, Bldg 571, Area B, WPAFB, OH 45433

ONLINE Tobacco Cessation Program is available through the American Lung Association. Please see information on the back of this sheet. If you are a TriCare beneficiary and wish assistance with Nicotine Replacement Therapy call the HAWC and speak to the tobacco cessation coordinator.